

Good Housekeeping

Natural Wheat Bread is Nearby

February 9, 2010 at 12:14 PM by Jessica Fox | [comment](#)



Thankfully, finding a good, hearty loaf of wheat bread in the regular supermarket isn't as difficult as it used to be. No more processed, sweet-tasting wheat breads that are so fluffy they just stick to the roof of your mouth at the first bite. Now there are tasty breads made by major companies that are all-natural and actually hearty! Everyone here in the GH Test Kitchen really likes Nature's Pride all-natural breads. They're made from the same baker of Wonder

Bread. No "wonder" they're so easy to find in the supermarket! Arnold and Pepperidge Farm have also come out with all-natural varieties. Nature's Pride and Arnold were both kind enough to send us a few loaves of their breads that are made without artificial colors, flavors, or high fructose corn syrup--so no sneaky ingredients.



In the GH test kitchen, for breakfast sometimes we toast a slice, then spread just a little natural peanut butter and top it with a layer of thinly sliced banana. I think Susan Westmoreland, our Food Director started the trend here of having that for breakfast, and it caught on. It's a great breakfast or midday snack that's healthy--full of fiber and protein--and keeps you full for a long time. There are a ton of ways to use hearty, whole wheat bread. Another great breakfast/brunch idea is our [Spinach & Cheddar Whole Wheat Strata](#). So delicious!

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Jessica Fox

Jessica sometimes prepares ingredients and retests recipes for the magazine. The rest of the time, she is an integral cog in the GH Test Kitchen machine, handling most of the vital behind-the-scenes administration and organization. She also answers reader letters, helps proofread recipes, and brainstorms ideas for articles for the magazine. [Full bio](#)

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